



Commission on Affairs of the Elderly

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Heat Fact Sheet

The following populations are at risk for heat disorders due to sustained heat and humidity:

- Elderly
- Chronically disabled or unable to care for self
- Those with heart disease or diabetes
- Those taking medication such as: HCTZ, Lasix, Inderal, Elavil, Benadryl, Thorazine, Scopolamine, Mellaril
- Those in top floor apartments

Warning signs of heat illness (**HEAT EXHAUSTION**):

Dizziness Weakness Fainting Vomiting

Life threatening signs of heat illness (**HEAT STROKE**):

Confusion, Agitation, Unresponsiveness, Hot Skin, anyone with prolonged heat exposure and behavioral changes must be evaluated for Life Threatening Heat Stroke

Preventative Measures:

- Limit outside activities to early AM or late PM
- Use a fan or air conditioner; if no air conditioner is in the house, access a building where it's available
- Drink fluids (water, juice)
- Take frequent baths/showers
- Wear a hat; Wear loose and light colored clothing
- Open the windows at the top and bottom; keep the shades down during the day
- Avoid using the oven
- Keep an eye on neighbors who are at risk for heat disorders – “buddy system”

Emergency Measures:

- Call 911 if any warning of life threatening signs present
- If patient not traumatized, remove to a cool environment
- Remove clothing
- Apply cool water or ice to entire skin
- Fan patient
- If patient is conscious, give fluids